



## City of Gaithersburg Press Release

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### For Immediate Release

## Learn How to Eat Healthy in the New Year with Let's Cook@Casey Plant-Based Meal Series

**Gaithersburg, MD (December 21, 2020)** Do you have a New Year's Resolution to change your eating habits? Check out the Let's Cook@Casey's Plant-Based Eating series with Chef Christina Vollbrecht for delicious foods that can improve your health and boost energy levels. Explore plant-based eating and delve into nutritious recipes that include breakfast, lunch, dinner, and even dessert. The interactive virtual cook-along classes let you follow the chef instructor step by step while asking questions and sharing thoughts with your fellow home cooks. At the end you'll have a delicious dish that's ready to eat. Invite friends and family to join you virtually for this perfectly socially distanced activity. You can also sit back, take notes, and enjoy watching the chef instructor if you prefer.

Chef Christina has worked in the kitchen of a Michelin-starred restaurant, on the land of an organic farm, and in the lab of the University of Maryland Integrative Health Cooking Lab. Chef Christina has a passion for foods that are both delicious and nutritious, and is excited to join the virtual Let's Cook@Casey program with her Plant-Based Eating Series.

### Plant-Based Nutrition & Planning

January 7, 2021, 6 - 7:30 p.m.

[Register online](#)

Begin your plant-based eating journey with an exploration of meal planning, nutrition, and the most important meal of the day: breakfast! Energy-packed, nutrient dense plant-based breakfasts are always the best way to start your day. In this cook-along class, we'll discuss strategies for weekly meal planning and learn easy ways to add nutrients and manage cravings throughout the day. Participants will prepare a Sweet Potato Breakfast Bowl and discuss recipes for Homemade Granola and a 10-Minute Skillet.

### Plant-Based Lunches & Dinners

January 21, 2021, 6 - 7:30 p.m.

[Register online](#)

Winter is in full swing, and without the vibrancy of summer produce, how do you get the satisfaction of a hearty, warm, and wholly nutritious lunch? Grains to the rescue! This cook-along class covers proper preparation of grains, legumes, root vegetables, and mushrooms, as well as the utilization of dried herbs and spices to brighten up an otherwise dull season. Participants will prepare Lebanese Chickpea Stew and discuss recipes for Tri-Color Tacos and Mushroom Meatballs.

## **Plant-Based Snacks/Sides/Desserts**

February 4, 2021, 6 - 7:30 p.m.

[Register online](#)

No day is complete without sneaky snacks, no meal is complete without sides, and no life is complete without dessert. This still applies, if not more so, to vegetarians and vegans! Easy plant-based appetizers, side dishes, and desserts will be covered in this cook-along class. Participants will prepare Avocado & Beet Brownies and Mushroom & Walnut Paté and discuss recipes for Vegan Cheesecake & Miso Biscuits.

Explore Let's Cook@Casey's full lineup of winter programs [here](#). Other virtual classes include:

- [One Pot Meals: Peru](#) - January 14, 2021, 6 - 7:30 p.m.
- [One Pot Meals: Israel](#) - January 28, 2021, 6 - 7:30 p.m.
- [One Pot Meals: Creole](#) - February 11, 2021, 6 - 7:30 p.m.
- [Valentine's Day Brunch](#) - February 14, 2021, 10:30 a.m. - Noon
- [Homemade Kimchi](#) - February 20, 2021, 10:30 a.m. – Noon
- [Family Movie Meal: Ratatouille](#) - March 5, 2021, 6 - 7:30 p.m.

For information visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) or call 301-258-6366. Follow us on Facebook [@CaseyCommunityCenter](#).

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